



Why more fruits and vegetables?

A healthy diet includes a variety of fruits and vegetables. Most are lower in calories and higher in fiber than other foods. Eating fruits and vegetables instead of high-fat foods as part of a healthy diet may make it easier for kids to grow up strong and healthy.

Compared to people who eat only small amounts of fruits and vegetables, those who eat more generous amounts — as part of a healthy diet — are likely to have reduced risk of chronic diseases. These diseases include stroke, type 2 diabetes, some types of cancer, and perhaps heart disease and high blood pressure.

Fruit and veggie resources

Fruits & Vegetables Galore is a toolkit for school food service professionals and teachers. It is packed with tips on planning, purchasing, protecting, preparing, presenting and promoting fruits and vegetables. For information, visit www.fns.usda.gov/tn/Resources/fv_galore.html

Fruit and Vegetable Challenge packet is a great way for students to record what fruits and vegetables they eat. For more information, visit teamnutrition.usda.gov/Resources/fvchallengepacket.html

Check out a book from your local library or through interlibrary loan that will help teach children about the importance of fruits and vegetables. For a list of nutrition curriculum from Child and Adult Nutrition Services and the South Dakota State library, visit: www.doe.sd.gov/oess/cans/nutrition/curriculum.asp

Contact Us:

Child and Adult Nutrition Services
South Dakota Department of Education
800 Governors Drive
Pierre, SD 57501-2235
Phone: (605) 773-3413
Fax: (605) 773-6846
www.doe.sd.gov/oess/cans/



south dakota
DEPARTMENT OF EDUCATION
Learning. Leadership. Service.

This project has been funded in part with federal funds from the US Department of Agriculture. USDA is an equal opportunity provider and employer.

Fruit and vegetable integration ideas

- Promote fruits and vegetables through taste tests and giveaways.
- Decorate rooms and hallways with colorful posters promoting fruits and vegetables.
- Talk about the importance of eating fruits and vegetables.
- Invite a registered dietitian to speak at your school about fruits and vegetables.
- Have students record what fruits and vegetables they eat every day.
- Encourage and model eating fruits and vegetables as snacks.
- Always serve a fruit and a vegetable with lunch.
- Always serve a fruit with breakfast.
- Serve and display fruits and vegetables in an appetizing manner.
- Serve a variety of fruits and vegetables.
- Create bulletin boards that illustrate the benefits of eating fruits and vegetables.
- Put articles about the importance of fruits and vegetables in the school newsletter, on the Web site, and with school menus.

For more information, visit:

- www.fruitsandveggiesmatter.gov/
- www.fns.usda.gov/tn
- www.mypyramid.gov/
- www.healthysd.gov
- www.fns.usda.gov/eatsmartplayhard/